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# *Pandemic Influenza Chain Training (U)*

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# *Pandemic Influenza Over (U)*

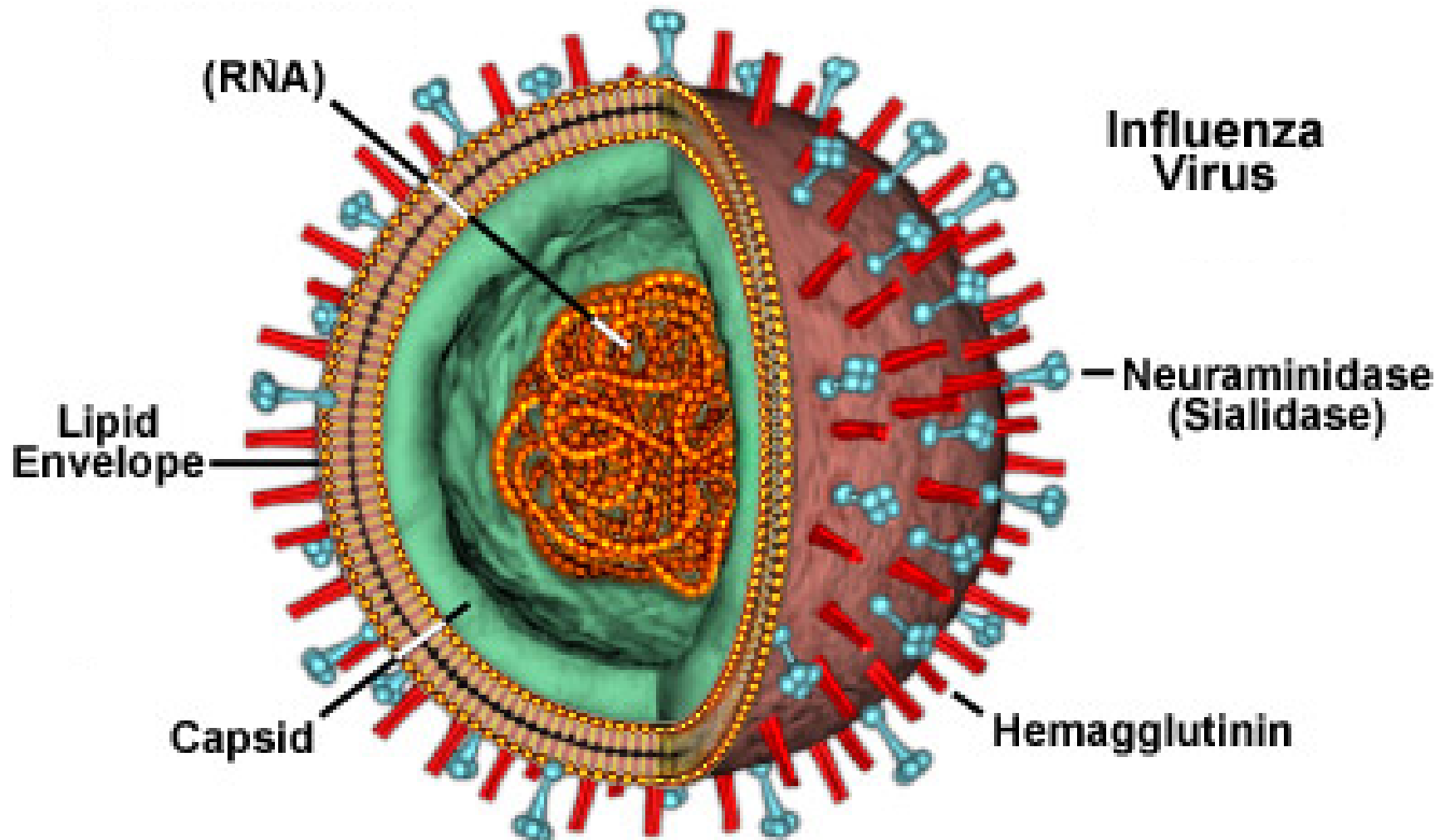
- Seasonal influenza
- Influenza vaccine
- Pandemic influenza
- Protecting yourself & others
- Why are we worried?
- Preparing at home

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# *The Culprit (U)*



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# *Human Influenza Disease (U)*

- Occurs mostly during fall/winter in U.S.
- Spread by air-borne droplets
- Viral shedding begins before symptoms start and may continue after symptoms begin to resolve
- Symptoms – fever, dry cough, aches and pains, malaise, runny nose
  - Nausea, vomiting and diarrhea are extremely rare
- Symptoms may last 5-7 days in healthy individuals
- Full recovery may be prolonged
- Young, old, and those with pre-existing illness at greatest risk

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# *Influenza Vaccine (U)*

- **Flu viruses change slightly each year**
- **Each year vaccines are developed to counter new strains**
- **Seasonal flu usually causes “mild” illness but it can be severe**
  - **~ 36,000 extra deaths each year in the U.S. due to influenza-like illness and related complications**
- **Single most effective way to protect yourself**
  - **Protects against the most common and worst strains**
  - **Protects against severe illness**
  - **Protects others (if you don't get the flu, you won't give it to anyone else)**

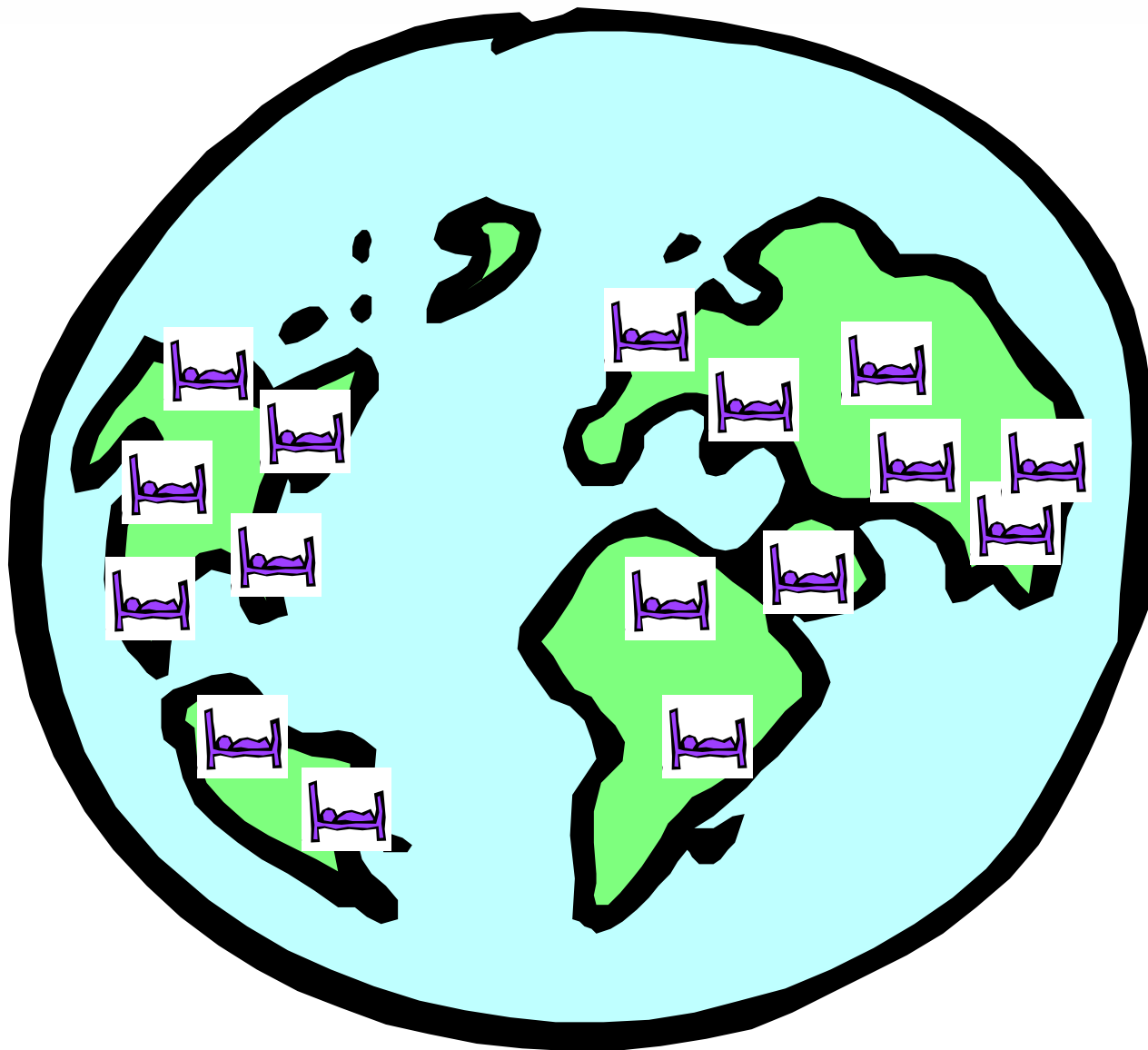
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# *Pandemic Influenza (U)*

- Outbreak
- Epidemic
- Endemic
- Pandemic



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# *Pandemic Influenza (U)*

- **Overdue for an influenza pandemic**
- **Previous pandemics include plague (“Black Death”) during Middle Ages and 1918 Spanish Flu**
- **Three conditions required for a pandemic to start:**
  - **New virus is introduced to humans**
  - **Virus changes to be easily passed from person to person**
  - **People travel and move, carrying virus**

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# *Seasonal vs Pandemic Influenza (U)*

## • **Seasonal Influenza**

- Occurs in cooler parts of year (winter in USA)
- Affects 10% of population
- Usually mild and not life threatening
- Very young and very old are at highest risk
- Some people have some level of pre-existing immunity
- Vaccine is available
- Antiviral drugs are available

## • **Pandemic Influenza**

- Occurs historically every 10-40 years, at any time of year
- May affect 50% of population
- Often more serious
- All age groups at risk
- People have little or no pre-existing immunity
- Vaccine unlikely to be available at first; may take six months or more to develop and distribute
- Many people affected, so antiviral drugs may be in limited supply



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# 1918 Influenza Progression (U)

**Approximate beginning of the epidemic, 1918**



before sept. 14	between sept. 14 - 21	between sept. 21 - 28	between sept. 28 - oct. 5	after oct. 5
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Source: America's Forgotten Pandemic - The Influenza of 1918 - 1989

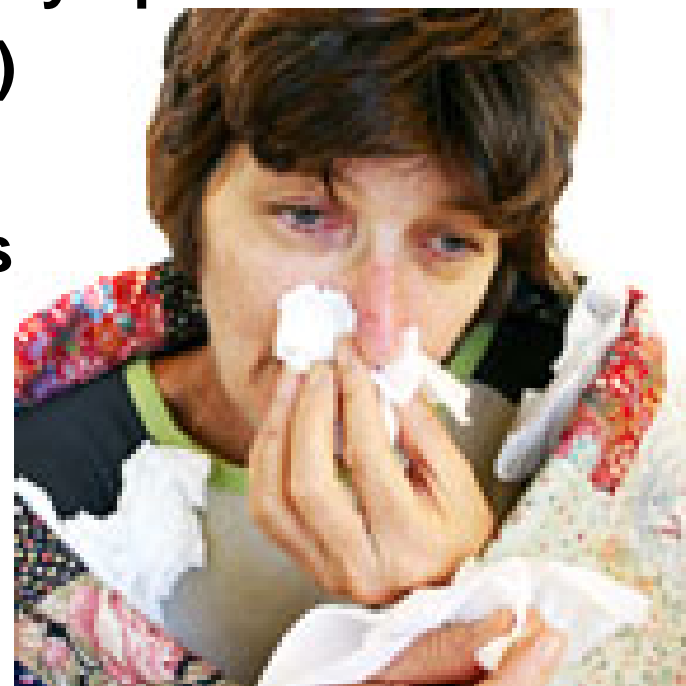
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# *Influenza -- Workplace Measures (U)*

- **Continuity of operations plan**
- **Employer support for personal protective measures**
- **Annual influenza immunization**
- **Mandatory sick leave for those with flu-like symptoms or household contacts with flu-like symptoms**
- **Social distancing (work from home)**
- **Deferral of non-essential travel**
- **Disinfecting contaminated surfaces**



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## *Influenza -- Personal Measures (U)*

- **Wash hands frequently with soap and warm water**
  - Alcohol-based hand gels are not sufficient
- **Use “cough etiquette”—cover mouth and nose when coughing and sneezing with tissues or sleeve**
  - Avoid touching your mouth, nose & eyes.
- **Maintain a healthy lifestyle**
  - Exercise, rest, and eating balanced meals maintains body’s ability to fight infection
- **Do not drink or smoke excessively**
- **Do not share personal items**
- **Stay home when sick & avoid sick people**





# *Influenza -- Family Preparations (U)*

- **Prepare your family as you would for natural disasters**
- **Plan for worst-case scenarios such as several family members becoming ill**
- **Discuss and make alternate plans, including:**
  - **Plan family and child care**
  - **Plan for pet care**
  - **Plan for additional food and water storage**
  - **Stock medications, diapers, formula and other crucial items**
  - **Plan for utility outages (power, water, trash collection, etc.)**
  - **Assemble first aid kits and medications**
  - **Designate emergency meeting places and points of contact for family members if they become separated**
  - **Ensure routine immunizations are current**
  - **List and share all important contact phone numbers**
  - **Coordinate with your service's family support groups for help as needed**



# *Influenza -- Resources*

- Centers for Disease Control (CDC)
  - <http://www.cdc.gov/flu/>
  - <http://www.cdc.gov/flu/avian/index.htm>
- World Health Organization (WHO)
  - [http://www.who.int/csr/disease/avian\\_influenza/en/](http://www.who.int/csr/disease/avian_influenza/en/)
- Center for Infectious Disease Research And Policy (CIDRAP)
  - <http://www.cidrap.umn.edu/cidrap/>
- National Institute of Allergy and Infectious Diseases (NIAID)
  - <http://www3.niaid.nih.gov/news/focuson/flu/default.htm>
- United Nations Food and Agriculture Organization (FAO)
  - [http://www.fao.org/ag/againfo/subjects/en/health/diseases-cards/special\\_avian.html](http://www.fao.org/ag/againfo/subjects/en/health/diseases-cards/special_avian.html)
- Pandemic Flu Checklist for children and families
  - <http://www.pandemicflu.gov/planguide/checklist.html>
- U.S. pandemic influenza information and plan
  - [www.pandemicflu.gov](http://www.pandemicflu.gov)

